

MEALS

ON

WHEELS

summer 2001

The MEAL TIMES

To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

“WE GIVE A SHOT” 12th Annual Meals On Wheels Charity Golf Tournament

Please join us on Saturday, September 15, 2001 at Centennial Golf Course in Nampa for a 7:30 a.m. shot-gun start to raise monies for the Meals On Wheels Program of Ada and Elmore counties.

“Many golfers enjoy a good meal after an exhausting round of golf. Many of our community members can’t get out for a good meal, let alone a round of golf. They must have their meals brought to them and at times it’s the only meal of the day. So jump in your cart and let’s spin some wheels for meals!”

Your \$60 registration includes green fees, cart, host package, prizes and lunch. Corporate sponsorship (\$1,000 - 4 players + sign @ tee & green), business sponsorship (\$500 - 2 players + sign @ tee) and hole sponsorship (\$250 - 1 player + sign @ hole).

Golf personality, Joe Malay, will host the tournament and awards presentation. You could win a new 2001 Dutchman fold-down tent trailer for designated hole-in-one sponsored by Nelson’s R.V.’s or a 2001 Ford Escape for designated hole-in-one sponsored by Salmon River Motors. PLEASE JOIN US!

For questions call 327-7460. Registration deadline: August 15, 2001. Mail Registration and fee payable to:

We Give a Shot • P.O. Box 44445 • Boise, ID 83704



Recipient Spotlight . . . Rebecca Gilday



Rebecca Gilday was born Rebecca Hebert on May 26, 1922, at her grandparents home, in Pittsfield, Massachusetts, weighing just a little over two pounds. Her childhood was spent in the North Hampton, Hinesdale and Pittsfield areas of Massachusetts. Her parents met at a dance, were married and had three children, Rebecca and two brothers, Lyle (four children - Robert, Peter, Paul and Nancy) and Richard (one child - Fred). She moved to Springfield when she was eight years old. She attended elementary school in North Hampton, and then attended Buckingham Junior High and TECH High School in Springfield, graduating in 1942.

Rebecca worked for her aunt at the variety store counting money and as a cashier. She then worked for the Springfield News Company, a wholesale magazine, doing ledger work. She worked for 27 years at Mercy Hospital in Springfield as a surgical assistant before retiring.

Rebecca married Austin Gilday in 1961. He spoke as many as six languages and worked for the U.S. Army as an interpreter. Rebecca has many fond memories of family, family get togethers and outings. Rebecca moved to Idaho in November 1999 for the dry climate and to be near her nephew, Fred. Her favorite meals are the fish fillet and macaroni and cheese.

extra, extra, read all about it !!!

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The MEAL TIMES

Published by: Meals On Wheels
707 N. Armstrong Pl., Boise, ID 83704
(208) 327-8505

Angela Spain, Supervisor
Health Services for Seniors
Colleen Fiero, Newsletter Editor
Lance Corpus, Designer

Message From The Supervisor . . .



Angela Spain

Until now, nutrition projects such as Meals on Wheels, have measured progress in terms of meals served, cost effectiveness and successful targeting. These programs are now being asked to focus on their clients and document successful results realized in their lives because of the nutrition program. "Client Centered Outcomes," as they are called, can provide the proof that the program is truly reaching and helping people. They can document the effect each meal has on the quality of life, elimination of loneliness, personal independence, economics, food security, and good health relative to good nutrition.

In January 2000, the Meals on Wheels Program at Central District Health Department started an outcome measurement tool to track reasons why clients discontinued the program. In a six-month period after hospital discharge, 50% were able to discontinue the program because they were able to cook for themselves again. The results of an 11-month survey of clients who were not discharged from a hospital, but referred for various reasons, indicated that 34% were also able to start cooking for themselves. Both surveys indicated that the "ability to cook for one-self" was the number one reason for discontinuing the program which is a positive outcome, and the goal of this program. We plan to expand the role of our nutrition program by implementing more outcome measures in the future. We truly can say that the meals we serve daily are "more than just a meal."

Holiday Happenings

- * June 15th - All Staff Meeting
- June 17th - Father's Day
- * July 4th - Independence Day
- * Sept 3rd - Labor Day

* No
Meal
Delivery

From The Heart. . .

"Many thanks for the delicious Easter dinner. I so enjoyed it. The Easter lily was a joy to receive. It is thriving and still has two more blossoms to open up. A lovely gift deserves a heartfelt THANKS!"

Appreciatively, S.

"Meals on Wheels, thank you so much for the meals you bring to my husband. It surely has helped me! Also thank you for the beautiful flower that you gave him for his birthday. The food is excellent and my husband enjoys it."

Sincerely, T.

"Thank you for the beautiful birthday card. That was nice of you to remember me." D.

ALCOHOL AND YOUR HEALTH

Studies indicate that moderate drinkers (men two or more drinks/day, women one or more drinks/day) are less likely to have heart disease and live longer. Moderate drinking may also reduce the risk for diabetes, macular degeneration (a cause of blindness), and may help increase bone density in women after menopause. Moderate drinkers - particularly those who consume wine, tend to lead a generally healthier lifestyle.

Alcohol, however, is a drug. Short-term, it slows down brain activity, decreases alertness, judgement, coordination and reaction time, as well as increases the risk of falls and other accidents. Heavy drinking permanently damages the brain and central nervous system, as well as the liver, heart, kidneys, and stomach. Research also indicates that alcohol has a much greater impact on older people, which means they could suffer negative effects from even moderate alcohol consumption.

Older people take more medications that act on the central nervous system and mixing these with alcohol could be fatal. For example, combining aspirin and alcohol increases the risk of bleeding in the stomach and intestines. Alcohol use makes it more difficult to diagnose certain medical conditions. Alcohol can dull chest pain that might be a warning sign of a heart attack. Drinking may cause forgetfulness and confusion, which may be mistaken for symptoms of Alzheimer's Disease.

There are two types of problem drinkers: chronic and situational. Chronic drinkers have abused alcohol for many years. Situational drinkers are those who develop a dependency on alcohol in response to certain stressful life conditions. For the older person, factors such as retirement, failing health, grief, loneliness, or living on a limited income, can trigger excessive alcohol use. In the beginning, alcohol is used as a relief or escape, but the drinking can become a dangerous dependency.

ARE YOU IN THE CAGE? A quick test doctors use to help identify problem drinkers is called the CAGE test. The test consists of four questions:

- Have you ever wanted to Cut down on your drinking?
- Do you get Annoyed when someone asks you to cut down?
- Do you ever feel Guilty about drinking?
- Do you ever have an "Eye-opener" (a drink in the morning) to get started?

If you answered "yes" to two or more of these questions, you could have a drinking problem, or be at risk for one. Older people tend to respond better to counseling for alcohol dependency - once they recognize the problem. There's no reason for older people to not get help for a drinking problem, they can get past it and get on with life.

Thank You Friends...

Monetary Donations:

Ada County Association of Realtors Foundation • Alchem Laboratories, Inc. • Janet Bell • Stanley & Ann Bell • Brad & Renee Bergquist • Donald S. Cobb, Jr. • Dorothy Creswell • Lillian Davis • A. Dale & Jane S. Dunn • Viveca J. Evans • Mr. & Mrs. Ralph S. Gorton, Jr. • Jay Henderson, Henderson Corporation • Fred & Betty Hill • Idaho Community Foundation & Merrill-Lynch & Company Foundation, Inc., Fund • Debbie Johnson • Verlene Kaiser • Patricia Kinney • Kathleen Messinger • Karen Obenchain • Velma Price • Alice Schlegel • Elaine Schmoeger • Robert W. Smith • Paul & Eleanor Tate • J.C. & Phyllis Ungerer • Margaret Ward • James Weiser • Richard Wolfe • Helen Wright

Donations received via Treasure Valley United Way Contribution:

Stephan Louis Anderson • Colleen Fiero • Kathy Holley • Sam Lair • Ladonna Larson • Pat Marler • Emerson Maxson • Roland Ozuna • Cheryl Shapel • Maxine Thomas • Susan Thompson • Cindy Trail

Thank you to Jeff Emacio, Race Director for "Race to Robie Creek" and to the Rocky Canyon Sailtoads, for designating Meals on Wheels to receive a portion of the proceeds from the event.

Thanks to Anita Burgess & Girl Scout Troop #498 for making the beautiful flower seedling cups for Mother's Day.

Thank you to Tyler Rasmussen, Chase Gronowski, & Brian Wilson for the 450 napkins and napkin ring holders for Mother's Day.

Thank you to Nancy Warden & Girl Scout Troop nos. 369 & 473 for donating ten boxes of low-fat apple-cinnamon cookies to our Meals on Wheels clients.

* * * Memorial & Honorarium Gifts * * *

In Memory of:

Abram Ray Baldwin

Received donations from Ethleen E. Pirnie, Nancy L. Brown, and the Employees of Central District Health Department

Troy Gaskell

Received donation from Jane Waggoner & Reed Waggoner

Marjorie Summerfield

Received donation from Dan & Barbara Gilbert

Gerald Poyser

Received donation from Jane Waggoner & Reed Waggoner

Linda Anderson Amos

Received donation from Kip & Cheryl Runyan

Colleen Tewalt

Received donation from Ethleen Pirnie

The
MEAL TIMES



Angela Spain graciously accepts a check from the Ada County Association of Realtors Foundation. The money donated went towards the purchase of a new delivery van.

VOLUNTEER SPOTLIGHT

JANETTE SCOTT

Janette Scott, Meals on Wheels volunteer extraordinaire, is an Application Systems Analyst for a subsidiary operation of General Fire and Safety Insurance Company. She creates reports from data bases and provides computer software technical assistance.



Janette has been volunteering to deliver meals for Meals on Wheels since July 20, 1999. What she enjoys most about delivering meals is visiting with the recipients. She occasionally does extra things for her "folks" like delivering milk, cookies, balancing checkbooks, etc.

Janette is very active in the community and volunteers with the "Helping Hands Across the Valley" (a food sharing program) through the Idaho Foodbank, is a PTO Board Member at Pierce Park Elementary School, counts food vendor receipts for "Art in the Park" and participates in "Rake Up" Boise.

Janette has been married for ten years to Tom, husband, and they have a seven-year-old girl, Jordan Marie, who will be a second grader next school year. Janette and Tom will have another child in July. Janette also demonstrates and sells stamps, "Stampin-Up", in her spare time.



Saturday, September 15th - Centennial Golf Course
Sign up today & Be a part of the fun

EASTER SUNDAY MEAL DELIVERY

Thanks to the following individuals for volunteering to deliver hot meals to our elderly clients on Easter Sunday, April 15, 2001

Mr. & Mrs. Peter Adolay • Becky Andersohn • Lillian Ball • Joe Berenter • Lynette Berriochoa • The BSU LaCrosse Team • Gigi Burke • Leslie Carpenter • Sue Case • Tim Clemens • Kristina Cline • Barbara Conklin • Mim Davidson • Kris Ferguson • Jim & Dorothy Frisch • Mike Fritz • John Goicoechea • Debbie Gourley & Family • Mr. & Mrs. Michael Grosz • Mike Iwakiri • Jerry Jardine • K.C. Kelley • Bud & Jean Kline • Ed Kosydar • Sandy Kowallis • Marsha Leese • Carolyn Loffer • Raquel Mills • Shirley Moss • Doug Mulberry • Joanne Nearman • Patty Nichols • Greg Nelson - Mayor of Kuna • Bernie & Laura Nielsen • Gary Pawlukewich • Julie Phelps • Tonja Phetmisay • Mike Polito • Kathy Quinlin • Denise Rasavage • Linda Schumacher & Family • Janette Scott • Cindy Thompson • Jim Thompson • Phil Vadeboncoeur • Sen Vinh & Nha Bao • Tina Visser • Karen Walters • Blake Watson & Family • Tami White • Diane Whittingham-Crane • Tessa Winsor

Thanks to all who volunteered to prepare Easter meals and to assist at the event

Joan Blunk • Donna Caley • Becky Davis • Colleen Fiero • Greg Leavitt • Cheryl Shapel • Jeannette Tanner

A BIG THANKS to Anita Burgess & the Girl Scouts of Troop #498 for the wonderful bunny eggs filled with candy for the Meals-on-Wheels Easter Meal Delivery.

Honorariums & Memorials

Honorariums and memorials are gifts made in honor of, or in memory of, a person in your life. A gift made in honor of a special person may be given on occasions such as birthdays, anniversaries, Mother's Day, Father's Day, Valentine's Day, graduation...

Memorials are made in memory of a deceased loved one. There is nothing more precious than the memory of a loved one, expressed in a tangible way, especially when the monetary gift provides life sustaining sustenance for someone in need. Each is gratefully acknowledged to the family. When making honorariums and memorials, please make sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

For your convenience, you can use the coupon at right. Your thoughtful gift not only helps Meals On Wheels, but it is also a wonderful way to honor and remember friends and relatives. If you would like further information please call Colleen, Volunteer Coordinator at 327-8505.

Honor & Remember

The enclosed gift is

- ☐ In honor of:
☐ In memory of:



Please remit to:
Meals on Wheels
707 N. Armstrong Pl.
Boise, ID 83704
(208) 327-8505

☐ Mr. ☐ Mrs. ☐ Miss _____

Address _____

Please send acknowledgement letter to:

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Address _____

This gift is made by:

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Much More Than A Meal!